



Canadian Volkssport Federation La Fédération Canadienne Volkssport (CVF/FCV)



Volume 23, Issue 1

ISSN 0845-5023

Jan. Feb. Mar. 2008



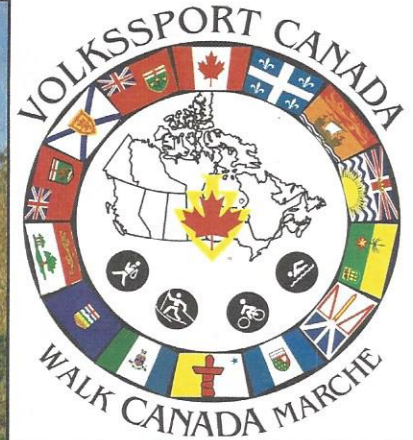
A Good News Story

Message from Jim McLean

Here is a picture of Rilla on the new section (just completed today, Oct. 31!) of the Trans Canada Trail that leads to Ghost Beach, Port Hastings, NS. An appropriate day for the excursion!

And from Atlantic Director, Rollie Coombes

Hi Folks. Here is a good news story; this is Rilla McLean of the Cape Breton Island Hoppers in the wheelchair; she was unable to do Ghost Beach Trail during the 50th Anniversary in 2005 of the Canso Causeway, due the trail not being wheelchair compatible. Rilla can finally get to the beach because of the hard work of the Trans Canada Trail work crew and Rilla's determination to get the work done.



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The Canadian Volkssport Federation/La Fédération Canadienne Volkssport (CVF/FCV) promote non-competitive participation in walking and other recreation activities for

“FUN, FITNESS AND FRIENDSHIP!”



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Volkssport Canada is the official newsletter of the Canadian Volkssport Federation / La Fédération Canadienne Volkssport, and is published four times annually. Copies are sent to subscribers in Canada for an annual subscription fee of \$15.00.

The opinions expressed are those of the contributors and not necessarily those of the Federation. Articles for Volume 23, Issue 1, are welcome by Mar. 8, 2008; however, complete reproduction is not guaranteed due to space limitations. Please send via email to:
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ISSN:0845-5023

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'Even light exercise' aids health

Even low levels of weekly exercise could help reduce blood pressure and improve fitness, scientists say.

Experts say walking for half an hour, five days a week, is the minimum required to achieve health benefits.

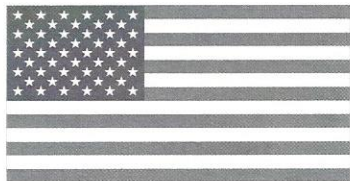
But a Journal of Epidemiology and Community Health report from Northern Ireland found walking on just three days a week gave similar benefits.

The finding could encourage those with sedentary lifestyles to take up exercise gradually, the authors say.

This could be helpful as few people currently meet the minimum recommendations for exercise, with many saying they do not have enough time.

For more details, visit the following website:

< <http://news.bbc.co.uk/go/em/fr/-/2/hi/health/6944591.stm> >



to the American Volkssport Association.

**Urgent reminder to
all Canadian
Volkssporters or-
dering supplies or
making payments**

**Rappel urgent aux marcheurs Canadiens
pour des commandes de fournitures
ou qui veulent effectuer un paiement à
l'Association Volkssport Américaine.**

Unfortunately, American banking regulations do not allow Canadians to make payments by cheque, even in American funds, to the AVA office. This is due to a difference in the tracking numbers marked on the cheques themselves. Canadian tracking numbers are not recognized by the American banking system. The best way to effect payment is by calling the AVA office up and giving them a credit card number, such as VISA. Canadian postal money orders in American funds MAY be acceptable, but this is not certain at this time. A credit card is certainly the preferred means.

Malheureusement, les règlements bancaires américains ne permettent pas aux Canadiens d'effectuer des paiements au moyen d'un chèque, même en devises américaines, auprès du bureau de l'AVA. Cette difficulté est le résultat de différences entre les numéros de suivi indiqués sur les chèques même. Les numéros de suivi canadiens ne sont pas reconnus par le système bancaire américain. La meilleure façon d'effectuer un paiement est de téléphoner directement au bureau de l'AVA et leur donner le numéro d'une carte de crédit, telle la VISA. Les mandats postaux canadiens, en devises américaines, sont PEUT-ÊTRE acceptables, mais ce n'est pas tout à fait certain pour le moment. Mieux vaut utiliser une carte de crédit.

President's Message

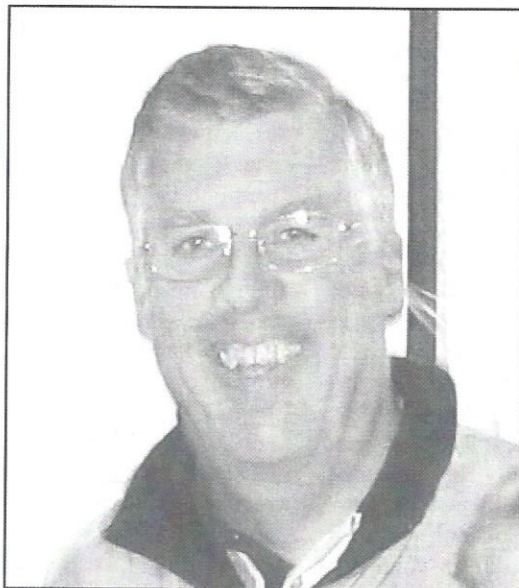
Graham Fawcett

It has been a busy period lately, with much to do to end the 2007 year and start anew for 2008. The renewal process for walks and memberships has gone pretty smoothly, with a few bumps here and there. Of greatest concern is the smaller number of scheduled events sanctioned so far. This will represent a significant amount of revenue to the CVF, requiring adjustments to the budget if the total does not increase. We have yet to receive complete information from a couple of clubs, but expect to hear from them early in the New Year. Unfortunately, two clubs

have decided not to renew their memberships: the Victoria International Walking Festival and the Chebucto Hiking Club. The former had been announced previously, and we received news of the latter club in late October. One new club, however, will be added when complete information has been received. This new club will be in Hay River, NWT.

I am pleased to tell you that the Board of Directors has received and approved an application to hold the CVF AGM in 2009. It will be held in North Bay, ON and be a joint effort of the Gateway Walkers of North Bay and the Walking and Volkssport Association of Ontario. It will be held at Nipissing University from May 22 to 24, 2009. A post-convention tour to numerous cities and communities in 'northern' Ontario is being considered.

Readers will remember that I have expressed concerns about the IVV in my last two messages. I must now give you some further details because motions for our own AGM and the IVV Congress of Delegates will soon be due and the next issue of Volkssport Canada in April would be too late to bring you up to date and meet the terms of our own constitution. In short, a group of ten central European countries hijacked all but one of the positions on the IVV Presidium at the recent Congress of Delegates in Otepää, Estonia. They effectively threw out the IVV constitution and simply demanded that everyone resign. Many serious procedural errors were made in the way the meeting was conducted. A demand for the Presidium to resign before the end of 2006 had been made previously and, when they refused, secret meetings were held to plan the take-over. We wrote letters asking for proof that these individuals were acting with the knowledge, consent and direction of their national associations, but no replies were ever received. This was not due to be an election year, but the President had given notice of his intention to resign, effective the recent Congress in July. The IVV constitution clearly states, at that point, that two of the elected Vice-Presidents were to assume his duties until the natural end of his term. That was not allowed to happen. False accusations were made against individuals, most notably the American Vice-President, Lynn Clark, who demanded an investigation by the



Message du Président

Graham Fawcett

L'on a dû travailler très fort dernièrement afin de conclure cette année dernière et repartir de nouveau dans l'année nouvelle. Le processus de renouvellement des sanctions des marches s'est déroulé sans trop de difficultés, mais non sans quelques petites hics çà et là. Notre plus grand souci est le plus faible nombre d'événements sanctionnés jusqu'ici. Cette diminution constituera une baisse de revenu importante pour la FCV, nécessitant des ajustements au budget si le total n'augmente pas. Nous attendons toujours les données de quelques clubs, mais nous anticipons leurs nouvelles au début du nouvel an. Malheureusement, deux clubs ont choisi de ne pas renouveler leur adhésion à

la FCV : le Victoria International Walking Festival et le Chebucto Hiking Club. Celui-là avait annoncé son départ antérieurement et celui-ci nous a fait connaître sa décision vers la fin d'octobre. Un nouveau club, cependant, s'inscrira sur nos registres dès que nous aurons reçu toutes ses données. Ce dernier se trouvera à Hay River, dans les Territoires du Nord-Ouest.

Il me fait plaisir de pouvoir vous annoncer que le conseil d'administration a reçu et approuvé une demande d'organiser le congrès annuel de la FCV en 2009. Il aura lieu à North Bay, ON et sera une collaboration du club des Gateway Walkers de North Bay et de l'Association de Marche et de Volkssport de l'Ontario. Le congrès aura lieu à l'Université Nipissing du 22 au 24 mai, 2009. On planifie un voyage organisé après le congrès dans cette région du nord de l'Ontario.

Vous vous souviendrez que j'ai exprimé des soucis à l'égard de l'IVV dans mes deux derniers messages. Il me faut maintenant vous donner de plus amples renseignements à ce sujet puisqu'il faudra bientôt considérer les propositions possibles pour notre congrès annuel et le congrès IVV, mais le prochain numéro de Volkssport Canada au mois d'avril paraîtra trop tard pour vous en informer et satisfaire les exigences de notre propre constitution. En bref, un groupe de dix pays de l'Europe centrale se sont emparés de tous les postes du présidium IVV, sauf un, au dernier congrès à Otepää, en Estonie. Dans ce dessein, ils ont rejeté la constitution IVV et demandé la démission de tous les membres du présidium. On a fait de nombreuses erreurs dans la direction la réunion. Ces dix pays avaient fait cette demande antérieurement avant la fin de l'an 2006 et, quand le présidium a refusé de démissionner, les dix pays ont tenu des réunions secrètes pour planifier leur *putsch*. Nous avons envoyé des lettres pour demander des preuves que ces gens agissaient au su et avec le consentement et la direction de leurs associations nationales, mais on n'a jamais reçu de réponse. On ne devait pas tenir des élections cette année, mais le président avait annoncé sa démission, qui devait entrer en vigueur au congrès au mois de juillet. La constitution explique très clairement que dans ces circonstances deux des vice-présidents élus doivent agir en commun jusqu'à la conclusion naturelle de la présidence. On n'a pas permis que cette conclusion

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IVV Disciplinary Board. She was totally vindicated in the report made to the Presidium, but that report was initially ignored and has not been acted upon since. Many other things have happened since the 'putsch', none of them authorized by the delegates at the Congresses in 2006 or 2007.

Since July, there has been little communication of any kind from the IVV. The minutes of the Congress of Delegates were received three and a half months late, and then only in German. Two other Presidium meetings have been held since, but no agendas or minutes have been received. No updates to the IVV web site have been made since April or May. No World Report has been published, although we have been told that it will now be published 'periodically' by Giuseppe Colantonio of Italy, one of the new Vice-Presidents. The new Presidium greatly underestimated the responsibilities they were assuming and have decided to have all the voluntary work done by the former members of the Presidium by paying the offices of the German Federation [DVV] to do it for them. This has arisen largely because the new IVV leadership has also remained as the national leaders of their respective associations, a clear conflict of interest situation, as explained below. The new Presidium has appointed three German-speaking individuals to completely rewrite the IVV Constitution and Regulations. No one else was asked for their input, nor given the opportunity to participate in this process. We have learned that these new documents will be sent to members in February 2008.

Why does this matter? To put it simply, it is because what happened was undemocratic, unconstitutional and quite possibly illegal. A house is only as strong as its foundation, and the IVV is our foundation. It was not impossible that someone could have lodged a complaint in the German courts about all this. In fact, the new Presidium expected such a move in the first thirty days after the Congress, but it turned out that no one could afford such an action. If the German courts determined that there had been irregularities, they could have disbanded the IVV and then we would be homeless, to use a simple metaphor. One country is already protesting the IVV decision, taken in July, to give the 2010 Olympiad to Turkey, when that country was not yet a full member of the IVV. We also pay the IVV over \$1,000 annually in fees. Why? What will we receive for those fees? Will the fees now increase because these new leaders have added to costs by not doing the work formerly done by volunteers? Since the new leaders have remained as the Presidents of their own national organizations, they are in clear conflict of interest. I am not at all comfortable with the fact that these same national leaders also have access to IVV assets, estimated at over US \$500,000.00.

Since the IVV Congress in July, we [the CVF and the AVA] have communicated our concerns to every other member of the IVV. In return, we have received expressions of concern and support from national associations in Scandinavia, the Baltic region and Eastern Europe. In September, the

continued on page 7

se réalise. L'on a fait de fausses allégations contre des individus, le plus notablement contre la vice-présidente américaine Lynn Clark, qui a demandé une enquête menée par la Cour de discipline IVV. Le rapport de cette cour auprès du présidium l'a complètement disculpée, mais à première vue on n'en a pas tenu compte et n'en a rien fait depuis. Ce nouveau présidium a fait de nombreuses autres choses depuis leur *putsch*, sans l'autorisation des délégués aux congrès en 2006 ou 2007.

Depuis le mois de juillet, on n'a reçu presque aucune communication de l'IVV. On a reçu le procès-verbal du Congrès des délégués en juillet avec trois mois et demi de retard, et ce seulement en allemand. Deux autres réunions du présidium ont eu lieu depuis juillet, mais on n'en a reçu ni les agendas ni les procès-verbaux. On n'a fait aucune mise à jour du site Internet IVV depuis les mois d'avril ou de mai. Aucun numéro du Rapport mondial IVV n'a été publié, mais on nous a dit que dorénavant ce document sera publié par Giuseppe Colantonio de l'Italie, l'un des nouveaux vice-présidents. Le nouveau présidium a grandement sous-estimé leurs nouvelles responsabilités et a décidé de faire faire tout le travail bénévole fait par les anciens membres du présidium en payant des services auprès du bureau de la fédération allemande [DVV]. Ce changement est le résultat principal du fait que les membres de la nouvelle direction IVV ont gardé leurs postes de présidents de leurs associations nationales respectives, soit en conflit d'intérêt évident, tel qu'expliqué ci-dessous. Le nouveau présidium a nommé trois individus germanophones pour remanier au complet la constitution et les règlements IVV. On n'a demandé la contribution de personne d'autre, ni donné l'occasion de participer à ce processus. Les membres nationaux devraient recevoir ces documents nouveaux en février 2008.

Pourquoi est-ce important? Tout simplement, c'est parce que ce qui s'est passé était anti-démocratique, contre la constitution et, très probablement illégal. Une maison n'est aussi solide que son fondement, et l'IVV est notre fondement. Ce n'était pas du tout impossible que quelqu'un aurait pu porter plainte dans le système judiciaire allemand sur tout ce qui s'est passé. De fait, le nouveau présidium s'y attendait pendant les trente jours qui ont suivi le congrès, mais personne n'avait les moyens d'une telle poursuite. Si la justice allemande avait déterminé qu'il y avait eu des irrégularités, ils auraient pu dissoudre l'IVV et, alors, on serait 'sans abri', pour suivre la métaphore. Un pays a déjà porté plainte contre la décision, prise au mois de juillet, d'attribuer l'Olympiade de 2010 à la Turquie, quand ce pays n'était pas encore membre de plein droit de l'IVV. De plus, nous contribuons annuellement des frais d'adhésion de plus de \$1,000 à l'IVV. Pourquoi? Qu'est-ce qu'on recevra pour ces frais? Est-ce que ces frais augmenteront maintenant parce que les nouveaux chefs ont ajouté aux dépenses en ne faisant plus le travail fait antérieurement par des bénévoles? Puisque les nouveaux chefs ont aussi retenu leurs postes de présidents nationaux de leurs associations respectives, ils se trouvent évidemment en conflit

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AVA formed an Advisory Committee to look at the relationship between the AVA and the IVV in the light of these developments. Similarly, I asked Vice-President Pinsonneault, aided by Directors Hansen and Olson, to chair a committee to draft a contingency plan for when the new IVV Constitution and Regulations are received, possibly in late February. There will be little time to react and meet the terms of our own constitution if we wish to make motions for our own AGM in Wolfville in May and the next Congress in York, England. It is too early yet to predict any future course of action, but I do expect the IVV to remain an open, democratic, inclusive and truly international organization that respects its goals and members' wishes. Let us not forget that the goal of the IVV has been "To contribute toward peace and understanding among nations by fostering international friendship through Volkssports". Since Directors and club presidents have been given a more complete description of what has happened, you may contact them or me directly if you have further questions.

To change the subject, I was invited to attend the AVA National Executive Council meeting in Mason, OH in late November. It was a pleasure to meet our American counterparts and discuss many items of mutual interest and concern. We already cooperate on a broad range of interests and I was also happy to share some resources and new ideas with them.

Good news! Unofficially, Canada had the greatest participation in the Guinness World Record Walk held on October 3rd. Several clubs participated in this event which promises to become an important one on an annual basis from now on. Obviously, we know that walking is the preferred means of exercise of a large number of Canadians, so let's get involved across the country next year. This is a free and very effective publicity opportunity for us. It will also marry well with our Independent Walker Program and the application to Bell Canada for a sponsorship. More information on this event can be found on the following web site: <http://worldrecordwalk.ca/>

The AVA office has recently reminded me that payments for registrations or supplies must be in American funds. Unfortunately, due to differences in the routing numbers on the cheques themselves, Canadian cheques are not acceptable in the US, even if they are in American funds. The best way to pay for goods or services to the AVA is by means of a credit card such as VISA. If in doubt, please give them a call so there will be no unexpected delay or disappointment. Their phone number is (210) 659-2112 and their email address is avahq@ava.org

I wish to thank the many readers who responded to the survey on whether or not to publish Volkssport Canada by electronic means. It was the clear wish of the majority that Volkssport Canada continue to be published as it is now, by hard copy only, so there will be no change in that process.

Lastly, please accept my sincere thanks for all the hard work done this past year and my best wishes for all possible success in the year to come. Happy trails!

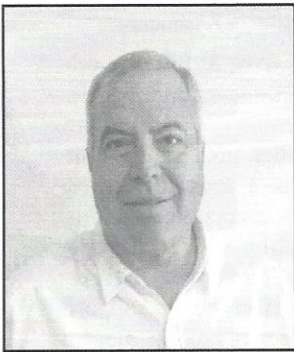
d'intérêt. Je ne suis pas du tout à l'aise avec le fait que ces chefs ont aussi accès à l'actif de l'IVV, d'une valeur estimée de plus de \$ 500 000 américains.

Depuis le congrès au mois de juillet, nous [la FCV et l'AVA] avons communiqué nos soucis à tous les autres membres de l'IVV. Par conséquent, des associations nationales en Scandinavie, dans la région baltique, et en Europe de l'Est ont aussi exprimé leurs soucis et leur appui. En septembre, l'AVA a créé un comité pour examiner le rapport entre l'AVA et l'IVV à la lumière de ces développements. Pareillement, j'ai demandé au vice-président Pinsonneault, secondé par les directeurs Hansen et Olson, de diriger un comité de planification des contingences pour quand on recevra la nouvelle constitution et les nouveaux règlements, anticipés au mois de février. Nous disposerons de peu de temps pour réagir et respecter les termes de notre propre constitution si nous voulons formuler des propositions pour le congrès FCV à Wolfville au mois de mai et pour le congrès IVV à York, Angleterre en juillet. Il est encore trop tôt pour prédire toute ligne de conduite future, mais je m'attends à ce que l'IVV demeure une organisation ouverte, démocratique, inclusive et véritablement internationale qui respecte ses objectifs ainsi que les souhaits de ses membres. N'oublions pas que le but de l'IVV a toujours été de « contribuer à la paix et aux bonnes relations entre les pays en encourageant les amitiés internationales au moyen du Volkssport ». Puisque les directeurs et les présidents des clubs ont reçu une description plus complète de ce qui s'est passé, vous pouvez vous adresser à eux ou à moi directement si vous avez d'autres questions.

Pour changer de sujet, on m'a invité à la réunion du conseil exécutif national de l'AVA qui a eu lieu à Mason, OH vers la fin de novembre. Il m'a fait plaisir de rencontrer nos homologues américains et de discuter de nombreux sujets d'intérêt commun. Nous collaborons déjà sur une large variété d'intérêts et j'ai été content de pouvoir partager des ressources et des idées nouvelles avec eux.

De bonnes nouvelles! Officieusement, le Canada a organisé la plus grande participation pour le Record Mondial de la Marche le 3 octobre dernier. Plusieurs clubs ont participé à cet événement qui promet de devenir une initiative annuelle importante. Évidemment, nous savons que la marche est le moyen d'exercice préféré de bon nombre de Canadiens, alors impliquons-nous davantage à travers le pays entier l'an prochain. C'est une occasion de publicité gratuite et très efficace pour nous. Cet événement se conjuguera bien avec notre programme de marche indépendante et la demande d'une commandite auprès de la compagnie Bell. On pourra trouver de plus amples renseignements à ce sujet au site Internet suivant : <http://worldrecordwalk.ca/>

Le secrétariat de l'AVA m'a rappelé dernièrement que les paiements pour les inscriptions ou les fournitures doivent être en devises américaines. Malheureusement, grâce aux différences dans les numéros de suivi sur les chè-



Vice-President Report

By Benoît Pinsonneault

This report covers the period from September 1st, 2007 to December 31st, 2007.

1. I assisted the Ontario Director and clubs in the drafting of the By-laws of their newly formed provincial association, called "Walking &

Volkssport Association of Ontario/Association ontarienne de marche & de sports populaires". After 6 drafts, their Bylaws were finally approved by the First Directors on Saturday, October 20, 2007. The next step will be the convocation of the first Annual General Meeting of the Ontario Volkssport Clubs, scheduled for May 2008.

2. I continued to update the CVF Book of Remembrance. To date, 14 new additions have been received and processed since the beginning of 2007.

3. I translated into French the two new CVF Special Walking Programs for 2008: the Scholar Walking Program and the Winery, Cheese Factory and Brewery Walking Program, which are both now in Richard Parr's hands, the CVF Special Walking Programs Coordinator for their reproduction and distribution.

4. The CVF Board of Directors has approved at a meeting held on Sunday, November 4, 2007, the creation of an Ad Hoc Committee of three CVF Directors, chaired by myself, to develop a Contingency Plan in case the new IVV Statutes, Rules and Regulations to be presented, approved and voted upon in York, England, at the next IVV Congress of Delegates to be held on July 5, 2008, do not meet the CVF expectations. The Committee is composed of myself, CVF Vice-President, Ethel Hansen, British Columbia Director and Ole Olson, Ontario Director. A first draft is being circulated amongst the committee's members. Finally, our President and I are presently reviewing a draft letter addressed to a potential sponsor.

Happy New Year 2008 and keep on walking, all year round!

Rapport du vice-président

Par Benoît Pinsonneault

Ce rapport couvre la période du 1^{er} septembre 2007 au 31 décembre 2007.

1. J'ai assisté le directeur et les clubs de l'Ontario dans la rédaction des règlements de leur association provinciale nouvellement formée, sous le nom de " Walking & Volkssport Association of Ontario/Association ontarienne de marche & de sports populaires ". Après 6 ébauches, leurs règlements ont finalement été approuvés par les premiers directeurs le samedi, 20 octobre 2007. La prochaine étape sera la convocation de la première assemblée générale annuelle des clubs Volkssport de l'Ontario, prévue pour mai 2008.

2. Je maintiens toujours à jour le Livre du Souvenir de la FCV : 14 entrées ont déjà été soumises et incorporées depuis le début de l'année 2007.

3. J'ai traduit en français les deux nouveaux programmes de marche spéciaux de la FCV pour 2008: la randonnée des érudits et la tournée des établissements vinicoles, des fromageries & des brasseries qui sont tous deux maintenant entre les mains de Richard Parr, coordonnateur des programmes de marche spéciaux de la FCV pour leur reproduction et distribution.

4. Le conseil d'administration de la FCV a approuvé lors d'une réunion tenue le dimanche, 4 novembre 2007, la création d'un Comité Ad hoc de trois directeurs de la FCV, présidé par moi, pour développer un plan de contingence au cas où les nouveaux statuts IVV, règles et règlements qui seront présentés pour approbation et vote à York, en Angleterre, lors du prochain congrès des délégués IVV, prévu pour le 5 juillet 2008, ne répondraient pas aux attentes de la FCV. Le Comité se compose de moi-même, vice-président de la FCV, d'Ethel Hansen, directrice de la Colombie-Britannique et d'Ole Olson, directeur de l'Ontario. Une première ébauche est déjà en circulation auprès des membres du comité.

Finalement, notre président et moi passons actuellement en revue un projet de lettre adressé à un commanditaire potentiel.

Bonne et Heureuse Année 2008 et que la marche soit avec vous en tout temps !

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ques même, on ne peut accepter les chèques canadiens aux Etats-Unis, même s'ils sont en devises américaines. La meilleure façon de payer des biens ou des services auprès de l'AVA est au moyen d'une carte de crédit, telle la VISA. Si vous avez des doutes à cet égard, veuillez leur donner un coup de fil afin d'éviter tout retard inattendu ou le désappointement. Leur numéro de téléphone est le 210-659-2112 et leur adresse électronique est avahq@ava.org

Je tiens à remercier les nombreux lecteurs et lectrices qui ont bien voulu répondre au sondage sur la possibilité de publier Volkssport Canada de façon électronique. Le souhait majoritaire très net était de continuer à publier Volkssport Canada comme on le fait maintenant, sur papier seulement, alors il n'y aura aucun

changement dans ce processus.

En dernier lieu, veuillez agréer mes remerciements les plus sincères pour tout le travail fort accompli cette année dernière et mes meilleurs souhaits pour tout succès possible dans l'année à venir. Bonnes pistes!





Atlantic Region

Rollie Coombes – Director

The Atlantic clubs are now settling in for the winter; snowshoes and skis are now coming out for the winter programs and many of our clubs have held their annual Christmas light walk events.

Most clubs have had annual general meetings with many new and experienced members taking on the club executive positions. The Dartmouth Volksmarch Club will have Sylvie Theriault as their new president taking over from Lily Conrod. The Dartmouth club will be celebrating 25 years of successful volkssport activities this year with three days of walks and social events, 24–26 October.

Vicki Gustafson has taken on the president's position for the River Valley Trailblazers replacing David DeKoeper. For the last few months, Joe MacKinnon of the CB Island Hoppers, had claimed to be the temporary president for that club. Winning the election on 24 November with an overwhelming majority, Joe is now the official president of the CBIH.

Congratulations to all of the new club executive members and my most sincere 'thank you' to all who have served your clubs in the past years. You can be assured that volkssporting in Atlantic Canada will continue long into the future due to your hard work throughout these many years.

The annual schedules for 2008 have been completed. We have many annual favourite walk events coming up and plenty of new and exciting walking trails to cover throughout the new year.

The Valley Trekkers are completing their plans for the CVF's Annual General Meeting and Convention in Wolfville, NS. Make sure you get your convention registration forms in as quickly as possible to the convention organizers. You don't want to miss this exciting opportunity to visit the famous Annapolis Valley of Nova Scotia. The convention coordinator, Lynda Kanne, has reported that the post convention bus tour is almost filled to capacity. All information about the convention is now online at www.walks.ca.

When travelling to the convention, give yourself plenty of time to walk the Year Round Events in New Brunswick and then take some time to explore the Atlantic Region.

You may want to join Ethel Hansen and her motorcade of walkers who intend to leave British Columbia on 9 May 2008 and make their way across the country stopping to do capital city and year round walk events in all of the provinces. Ethel's group of adventurers plan to arrive in Wolfville, NS on or about 22 May. Contact Ethel for a more detailed schedule of events.

May I take this opportunity to thank Elizabeth Nifort who has continually volunteered for many years to prepare the Blue Book "Discover Atlantic Canada Through Volkssports", the Atlantic Region's guide to year round and guided walk events. Thank you, Elizabeth, for a job well done.

Hope you all have a safe and happy new year.

Seen in passing

The following article was written for publication in the *Ottawa Outdoors Magazine, Winter Issue*

Are Walking and Winter Compatible?

By Benoît Pinsonneault
Trail Director

Ottawa Voyageurs Walking Club

Walking is an exercise that requires no special abilities. We have been doing it since early childhood and possible injuries that could result from it seldom occur. Associated costs are minimal. Usually, the activity is free unless you are a member of a walking club where membership costs could apply. Good socks, a good pair of walking shoes/boots, as well as appropriate clothing, all of which you probably already own, is all that is required to practice this popular sport.

However, winter puts somewhat of a damper on this practice. Of course, snow, ice, black ice and all of Mother Nature's other whims are factors to be considered. Nonetheless, safe winter walking is always feasible in the National Capital Region (NCR). Group walking takes place every weekend from the beginning of November to the end of April, alternating between Saturdays and Sundays for fun, fitness and friendship of all the participants. These walks are usually followed by a group meal, in various restaurants in the NCR, as a social activity for those who want to join the group after a healthy walk.

Winterlude marks the beginning of the special scheduled events for the NCR walking clubs associated with the Canadian Volkssport Federation. There is either a walking or skating activity organized for each Saturday of those three weekends. A 5 or 10 km walk or skating on the Rideau Canal from Dows' Lake Pavilion are the first weekend's activities. For the second weekend, the walk starts from the YM/YWCA on Argyle St., in Ottawa, and brings you to the Confederation Park, across Ottawa's City Hall, to view the ice sculptures. As for the third weekend, the activity moves on the Quebec side, in Gatineau. We especially invite you to join us at the Casino du Lac Leamy for a walk through the Jacques-Cartier Park to enjoy the Winterlude activities on that side of the river, as well as the giant snow sculptures. Back to the Casino, fellow walkers are invited to join us to savour the Casino's excellent buffet and/or try your luck at the different games of chance offered by the Casino, if you so desire; a simple visit of the premises for first time visitors would be worthwhile.

You may ask yourself if there is a difference between a walking club and a hiking club. For the writer, the difference is significant: the hiking trails are much more challenging and adventurous than those used by our walking clubs. Most of the trails that we use in the NCR are less hilly/bumpy and are fairly well groomed with a low to moderate inclination, which is rarely significant. Our Trail Rating System is two-fold: the incline (from 1 to 5) and the terrain (from A to E). The greater the number/letter combination is, the more difficult the walk will be.

Some of our walks also bring us on the National Capital Greenbelt trail system, in areas such as Shirleys Bay, Stony

Swamp, Pinhey Forest, Pine Grove, Mer Bleue and Green's Creek, as well as in the Gatineau Park. These walks are certainly a little bit more demanding and more of a hiking nature than our standard walking program. Every year, at the end of May, the Ottawa Voyageurs offer you a new place to discover. For example, in May 2006, we went to Casselman Village, Ontario. In May 2007, we discovered the Black Mountains' trails (Level 4C) in Ripon, Québec, and for May 2008, we are proposing to explore and rediscover Navan, Ontario.

The club membership for the Ottawa Voyageurs and the Nepean Nomads is very similar and is annually, roughly 150 members per club. Age average in both clubs is 50+. The average number of participants for a winter walk is between 30 and 40 people. For all the other scheduled events of the year, participation is around 60 walkers per event. All our walks have two walking distances: 5 km (one-hour walk) or 10 km (two-hour walk); sometimes the trails are fully marked and you only have to follow the markers, at other times, it is a guided or a map walk. Most of our walks have a social aspect attached to them, which is, usually, eating together in a restaurant or pub, after an outing; it could also be a BBQ and/or a corn roast hosted by one of the clubs at minimal cost.

To find out more on our walking activities in the NCR, do not hesitate to consult our hotline at (613) 788-0691 for updated information. The Canadian Volkssport Federation website is as follows: www.walks.ca which links will bring you across the Volkssport's world (or popular sports) across five continents through the Internationale Volkssportverband (IVV), the International Federation of Popular Sports.

Locally, the Nepean Nomads Walking Club (Ottawa West end) website is the www.nepeannomads.net and the one for the Ottawa Voyageurs Walking Club (Ottawa East end) is the www.ottawavoyageurs.ca. For more information on the rest of our programs, which carry on through the year, please check these two sites. Come and walk with us for fun, fitness and friendship!

Canada Cup Awards



CERTIFICATE ISSUED FOR THE CANADA CUP OF WALKING:

Completed 10 Provinces and 3 Territories

Lea Tocher, Winnipeg,

Recipients of the CVF 20th Anniversary certificate for completing a minimum of 4 walks designated for the program

Margaret Dickinson
Laurie Ross
Eileen Schuster

1987 - 2007



Volkssport Canada

Subscription Form

1 year = \$15, 2 years = \$30, 3 years = \$45


Send cheque to: Canadian Volkssport Federation
P.O. Box 2668, Station D
OTTAWA ON K1P 5W7

Name: _____

Address: _____

Email: _____

Lighthouse Awards



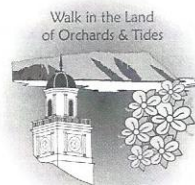
CERTIFICATE ISSUED FOR COMPLETING CVF/FCV LIGHTHOUSE PROGRAM

Assistant Lighthouse Keeper:

Shirley Stoklossa, Delta, BC
JC Dompierre, Burnaby, BC
Helene Dompierre, Burnaby, BC
John Vogt, Sooke, BC
Shelagh Vogt, Sooke, BC

Lighthouse Keeper:

Richard Parr, Ft. Saskatchewan, AB
Kathleen Parr, Ft. Saskatchewan, AB
John Osborn, Kingston, ON
Susan Osborn, Kingston, ON
JC Dompierre, Burnaby, BC
Helene Dompierre, Burnaby, BC
Frank Dudfield, Surrey, BC
Brenda Dudfield, Surrey, BC



CVF Convention 2008

Wolfville, Nova Scotia

May 23-25

www.valleytrekkers.com



In Memoriam



BURKE, Phyllis Ann Dartmouth Volksmarch Club

BURKE, Phyllis Ann - 68, Dartmouth, passed away Saturday, December 15, 2007, at home. Born in Amherst, she was a daughter of the late Roy and Lola (Forsythe) Blenkhorn. Phyllis is survived by her husband, Eric; daughters, Sharon Burke and Velda Oaks, all of Dartmouth. Phyllis and Eric joined the Dartmouth Volksmarch Club in the mid 1980's. Both took positions on the Board of Directors and were guided walk leaders.

Phyllis enjoyed exploring the many beautiful walking trails in the Maritime provinces.

BLONDIN, Denise Dartmouth Volksmarch Club

BLONDIN, Denise—79, Bedford, NS, passed away November 11, 2007, peacefully at home. Born in Dieppe, France, she was a daughter of the late Leon and Hermance (Bougeot) Binard. Denise came to Canada in 1953 to marry Rheel. She was very devoted to her family. She enjoyed swimming, cross country skiing with the Halifax Women's Ski Club, and was an active member of the Dartmouth Volksmarch Club. She made beautiful quilts in her later years. Her garden gave her many hours of pleasure. Surviving are husband, Rheel; daughters, Maryvonne (Terry), Nicole (Jerry); sons, Louis (Tanya), Jean-Yves (Tena), Michel (Tammy), Pierre (Corrine); sisters, Simone and Maryvonne; nieces, nephews and cousins, all of France.

Denise was a very active walker with the Dartmouth club up until the time she started having problems with her health. She used to introduce new trails to the club and was a guided walk leader.

HARB (Meinert), Linda Maryann Central Nova Volkssport Club

HARB (Meinert), Linda Maryann - 60, Truro, passed away Monday, October 15, 2007, in Colchester Regional Hospital, Truro. She was born in Shaunavon, Sask., and was a daughter of Agnes (Mooney) Meinert and the late Leon Meinert of Shaunavon, Sask. Linda enjoyed portrait painting and was an avid artist. She loved participating in the Dragon Boat Races and singing with the Melody Singers. Linda was also a member of the Central Nova Volkssport Club and the Attic Painters.

Linda and her husband "Nash" were members of the Truro club for several years. Unfortunately Nash passed away two years ago. Linda had a quiet but strong spirit and continued to live life to the fullest. At her funeral, it was mentioned that her personal creed was "Live Til You Die"- a motto that we all can adopt. We will miss her very much. Linda recently participated in the five-day Volkssport Tour to the Magdalen Islands.

WEBBER, Reginald Wilfred "Reg" Dartmouth Volksmarch Club

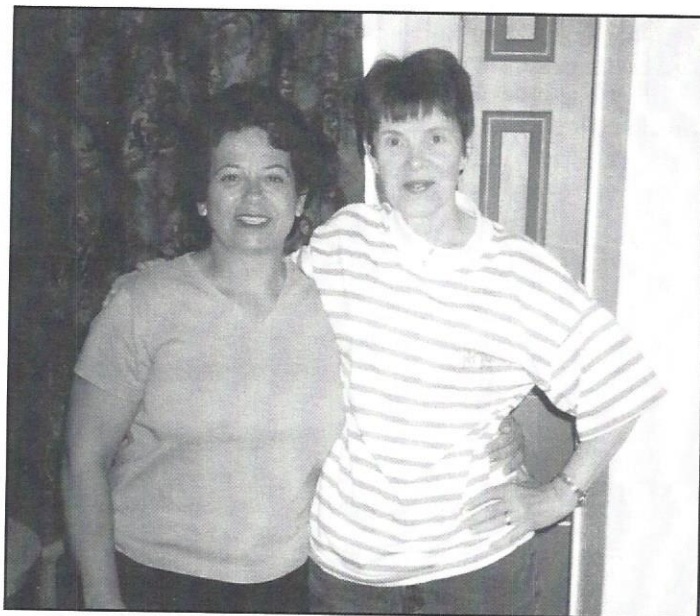
WEBBER, Reginald Wilfred "Reg" - 77, Dartmouth, passed away on November 2, 2007. Born in Halifax, he was a son of the late Walter and Minnie (Dunsworth) Webber. Reg was a graduate of St. Mary's University and the Nova Scotia Teachers College. He was past director of the Dartmouth Curling Club, member of the Dartmouth Volksmarch Hiking Club, Dartmouth Lawn Bowling Club, Pictou Golf Club and The Lakes of Montague Golf Club. Reg was an avid outdoorsman. He enjoyed camping with his family all across North America in trailers he built.

Reg used to lead guided walks for the Dartmouth Club and also hosted festival volkssport events at his cottage on the Northumberland Strait.

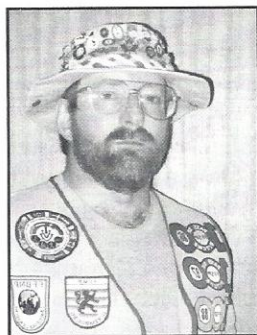
GRAHAM, Mary Jane Cape Breton Island Hoppers

GRAHAM, Mary Jane - 68, Sydney, died suddenly at home on Monday evening, November 5, 2007. She was a daughter of William Graham and Christena (Sampson) Graham. Mary Jane lived across Canada over the course of her life, but returned home to Sydney River in 2005. She cherished her winters in Apache Junction, Ariz., but was always ready to come home at winter's end in time to get her garden in. A teacher by nature as well as profession, Mary Jane taught at a variety of schools and universities on both the east and west coasts during the course of her career.

Mary Jane became a member of the Cape Breton Island Hoppers following the very enjoyable Volkssport Tour on the Magdalen Islands in August.



Bettie Spense (l) and Linda Harb (r)
Magdalen Islands, August 2007



ALBERTA REGION

Richard Parr - Director

2007 is becoming a part of history as 2008 is beckoning, heralding in many new walks and walking adventures.

Check out the excellent and colourful 2008 VAA Calendar of Events to see what Alberta Volkssporting has in store for you.

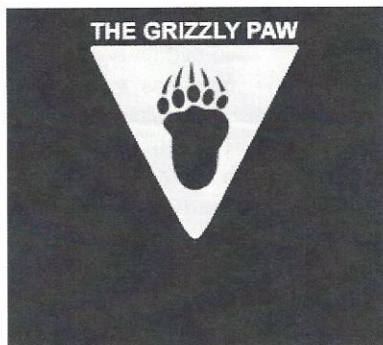
The following people have completed the Walk Alberta Program: David Hall, Iris Campbell, Sylvia Fisher, Myrna O'Neil, Kathleen Par, Richard Parr, Sonja Van Bostelen, Peter Van Bostelen, Phyllis May, Evelyn Rogers, Dave Luscombe, Johanna Snoek, Willem Snoek, Ethel Hansen, Sharon Pomeroy. **Evelyn**

Rogers & David Hall have completed the Walk Alberta Program not once, but TWICE. Way to go. Ethel Hanson is the only non Albertan to complete the Walk Alberta Program thus far – Congratulations!

There are 2 new YRE's in Alberta for 2008, Millet (PetroCan Service Station 5003 45 Avenue) which commenced 01 September 2007 and a 4 th YRE in Cardston (Remington Carriage House Museum 623 Main Street) Both YRE's offer a 5 & 10 km route.

New for 2008 St. Albert also has an option of a 5 & 10 ski as part of their YRE # 3 starting from the St. Albert Inn.

The Calgary YRE from the Talisman Centre (2225 MacLeod Trail South) for 2008 will offer a 5 & 11 km routes. The Edmonton Capital City Walk / Yellowhead from MacEwan Centre for Sport & Wellness will also offer a 5 & 10 km route for 2008.

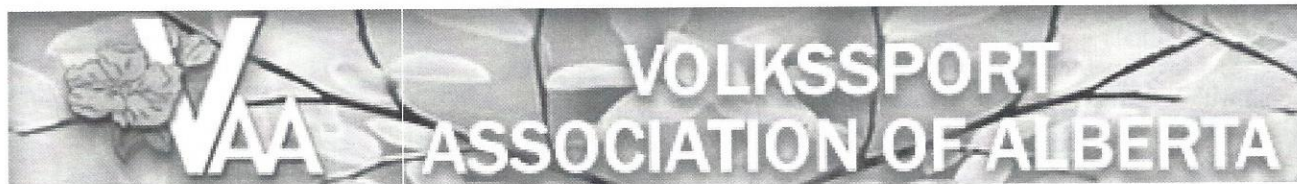


Canmore & Jasper are both registered as being part of the **Winery, Cheese & Brewery Walking Program** which commences 01 January 2008. The Canmore YRE starts at the Grizzly Paw Pub & Restaurant (622 – 8 th (Main) Street) and it has some fantastic food to go along with the on site selection of brewed beers, the scenery inside is pretty good as well. The Jasper YRE starts at Totem Sports (408 Connaught Drive just mere blocks away from the Jasper Brewery Company 624 Connaught Drive, (Jasper's main street). A selection of food & beer are offered here as well.

While checking out **Sylvan Lake** for the **Lighthouse Walking Program** make sure you visit the famous Big Moo Ice Cream Parlour. The Sylvan Lake Lighthouse can be seen while checking out the various flavours of ice cream.



The following Alberta YRE's are currently registered as being part of the **Scholar Walking Program** commencing 01 Jan 2008: Edmonton – MacEwan Centre for Wellness & Running Room # 1, Fox Creek, Grand Prairie, Medicine Hat # 3, Stony Plain # 2, Sylvan Lake Seasonal



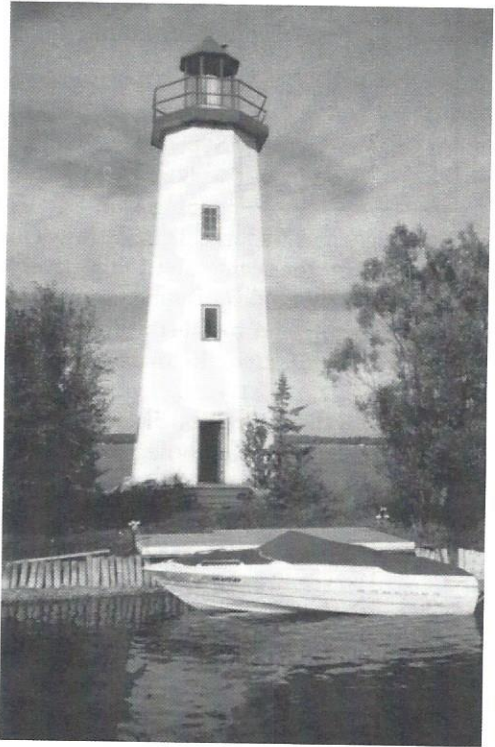
The VAA AGM for 2008 is being held at the Medicine Hat Legion (702 – 2 Street SE), Saturday 26 April 2008.

Registration commences at 0900, walk starts 0930 and a distance of 5 & 10 km is offered.

Lunch is between 1200 & 1300 with the AGM starting at 1630 and the banquet at 1830.

Sunday, 27 April again a 5 & 10 km distance is offered with registration for 0830 and walk starting at 0900.

Medicine Hat has 3 YRE's to choose from while at the AGM. A total of 5 events can be completed during this weekend.



Sylvan Lake Lighthouse

While checking out Sylvan Lake for the Lighthouse Walking Program make sure you visit the famous Big Moo Ice Cream Parlour.



Alberta Volkssporters Chowing Down



B.C. REGION

Ethel Hansen - Director

It was great again this year to lead a group of walks in the Okanagan in September. We were happy to have walkers from Ohio, Seattle and Alberta joining our BC walkers from Comox, Courtenay and Victoria. This is always a special trip as wineries are open for tasting and I think everyone went home with at least a few bottles of wine. Some said the highlight of the trip is joining the members of the Peachland Volkssporting Club for their potluck following their walk. We will be doing this trip again next year, September 13-16, and will feature two map walks as well as YREs. One map walk, sponsored by the Peachland Volkssporting Club, will visit four wineries while the other map walk, sponsored by VABC will visit a winery that also makes cheese. The cheese is always a special treat.

BC has increased the number of YREs and Seasonals in 2008. There is a new YRE in Oliver, Summerland, Victoria (Saanich), Cedar and Nanaimo. Seasonals have been added in Golden, Ucluelet and Tofino. The walk in Golden features the 150 foot long free span timber pedestrian bridge, the longest of its kind in Canada.

Once again I plan on spending New Year's Eve doing a walk. The Juan de Fuca club starts a walk at 10:30 pm in Victoria-Esquimalt every year. Walkers get to enjoy the Christmas lights as the Club visits each house to alert them to the walk and snacks and a hot drink at midnight on the trail. It's always a special event doing this last walk in Canada for the year.

VABC will be holding their AGM and President's walk in Victoria – Esquimalt on April 20. Everyone is invited to attend the walk and meetings following.

Covered Bridge Walks in BC

Until CVF decided to have a joint Covered Bridge Walking Program with the American Volkssporting Association, I wasn't aware we had any covered bridges in BC. So far, we've found three to be included in the Covered Bridge Program.

Whistler: This was an existing route (YRE 064) that goes into the Village (the main tourist area in Whistler), to the bridge and around Lost Lake.

Keremeos: This was a town I had passed through on the Crowsnest Highway (Hwy 3) but never noticed anything of significance or even the name of the town. It was a surprise to look up covered bridges and to find one listed in Keremeos. It is called the Red Bridge and spans the Similkameen River. There is nothing very beautiful about the bridge but it is of historic significance. It was built by the Victoria, Vancouver and Eastern Railroad in 1907 during the area's gold mining era and is a reminder of that bygone time when the now abandoned railway ran up the Similkameen Valley. Today, this covered bridge is used as a highway bridge to the south side of the Similkameen River and to the Ashnola and Cathedral

Lakes Park. The route (YRE 302) uses the old rail line and goes to the bridge. From late spring into the fall, walkers may be serenaded by turkeys who live on a large farm along the route.



The Red Bridge

Golden: This is the newest route added for 2008 (M-SEAS 310 opening May 1 until October 15). The route crosses the Kicking Horse Pedestrian Bridge over the Kicking Horse River to follow the dikes along the river and the Rotary Trails system. This bridge is the longest authentic covered timber frame bridge in Canada. Planned as a community project, volunteers from Golden were joined by timber framers from the United States and also carpenters from Europe, who read about the project on the Internet. The European carpenters wore their traditional uniforms. The bridge structure was completed in September 2001. Because of the high waters in the fall, the installation of the bridge didn't occur until October 25. The installation took three full days. With the help of Sterling Cranes from Calgary, the structure was inched along and out onto a temporary footing, and finally onto the far shore where it was fitted into its concrete abutments. The bridge is 150 feet long, with a 210,000-pound Burr arch structure.

Winery Walks in BC

- ♦ Chilliwack YRE 006 : Brew pub on the route.
- ♦ Oliver YRE 304: The registration is at the Cactus Tree Inn but the start and finish point is at the Tinhorn Creek Winery. This is a beautiful winery, high in the hills and part of the route passes by the vineyards.
- ♦ Summerland YRE 258: This route passes the Dirty Laundry Vineyard which is a small winery growing in reputation.
- ♦ Summerland YRE 305: This route passes the vineyards for Dirty Laundry
- ♦ Vancouver (False Creek) YRE 101: 3 brew pubs on the route.
- ♦ Victoria (Downtown) YRE 025: Passes brew pubs
- ♦ Sept. 13 Westbank: This special event visits 4 wineries en route with tastings at each one.
- ♦ Sept 14 Penticton – Naramata: Come to visit a winery

that makes four types of cheese. The cheese is becoming so popular that some types of their cheese may be sold out.

Walks in BC that are currently in the Scholar Walking Program

- ♦ Abbotsford YRE 095
- ♦ Abbotsford YRE 165
- ♦ Coquitlam YRE 176
- ♦ Cultus Lake YRE 020
- ♦ Delta (Burns Bog) YRE 139
- ♦ Delta (Watershed Park) YRE 080
- ♦ Langley YRE 138
- ♦ New Westminster YRE 106
- ♦ Surrey (Cedar Hills) YRE 156
- ♦ Surrey (Crescent Beach) YRE 023
- ♦ Surrey (Tynehead) YRE 056
- ♦ Victoria (Oak Bay) YRE 015
- ♦ Victoria (Saanich) YRE 306

Thanks to the clubs who included these routes in the new special walking programs and especially to those who re-did routes just so their walk passed by a winery, cheese factory, brew pub or school.

At this time of year, I would like to thank the volunteers who make our walks special events in which walkers share **fun, fitness and friendship**. Also thanks to all the walkers who show up to participate in them. I wish you all a Merry Christmas and health and happiness in 2008.

See you on the trails, Ethel

World Record Walk

-Brenda Dudfield

Report about the Surrey Guinness World Record Walk Attempt

On Wednesday October 3, 2007 the Surrey Trekkers hosted a Guinness World Record attempt for the largest number of people walking one kilometre simultaneously. The 1.25km event was held at Bear Creek Park (which is on the

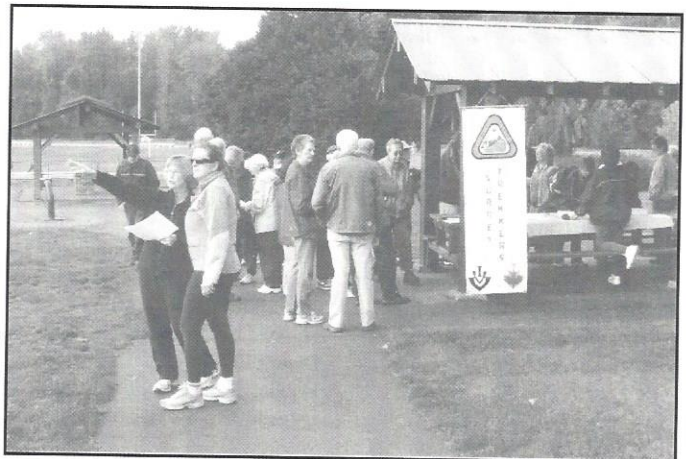
Cedar Hills YRE Route) with 81 walkers from the Lower Mainland. The event was advertised within the community and 60 were non-volkssporters. There were 34 males and 47 females; 54 walked the 1 km and 27 did another 4 km so that Volkssporters could get credit for 5 km.

Surrey Deputy Mayor Marvin Hunt, and MLA Sue Hammel certainly helped to promote Volkssporting by mentioning it in their speech. Surrey Councillor Linda Hepner, Chair of the Parks & Recreation Commission, also spoke that this event helped in the goal to "Get Fit by 2010".

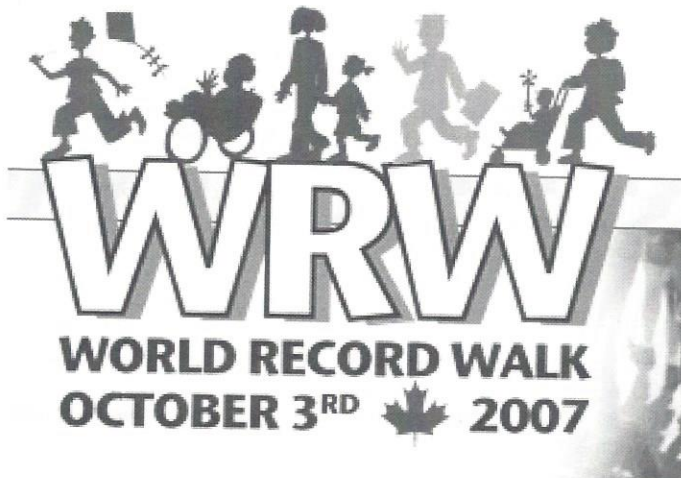
Quite a bit of Volkssporting information was given out with several people showing a lot of interest in the Club, although no one has joined us yet. A photographer from The Leader was in attendance and a report appeared in the paper.

There were over 2,000 walks across Canada representing 10 Provinces and one Territory trying to beat Western Australia's September 2006 record of 100,915 participants.

Unofficially, a new record has been set – **231,635** is the figure sent to Guinness for verification. Results by province are: - British Columbia 2,901; Alberta 30,945; Saskatchewan 4,226; Manitoba 28,715; Ontario 160,048; Quebec 364; New Brunswick 2,887; Prince Edward Island 760; Nova Scotia 334; Newfoundland and Labrador 25; Yukon 430.



*Before the start of the Bear Creek Park walk
courtesy of Dianna Johnson*



World Record Walk Results

October 3, 2007

- Graham Fawcett

Unofficially, Canada has beaten the existing World Record for the largest number of people walking one kilometre at the same time! Please visit <http://worldrecordwalk.ca> to check out the final numbers of verified walkers from across Canada. Several CVF clubs across the country participated in this event by doing a group walk of one of their Year Round or Seasonal events on the date and at the time required. Well done!



EVENT ACHIEVEMENT AWARDS



10	Jean Bedard Québec QC	Louise Michaud St-Emile QC	Herb Lightfoot Comox BC	Wilhelmus Snoek St Albert AB
	Jacques Bolduc Ste Foy QC	William Novak Winnipeg MB	June Marsden Dartmouth NS	
	Vivian Clark Sudbury ON	Lise Tremblay Gatineau QC	Tom McNutt Truro NS	475
	Edward Collister Québec QC		Orpha Marie Merritt Surrey BC	Christine Desjardins Victoria BC
	Jyotish Dhebar Belleville ON	125	Sherri McDonald Cardston AB	Richard Desjardins Victoria BC
	Gaétan Dubois Québec QC	Huguette Blouin Québec QC	Gerald Tyndall Calgary AB	Linda Norris Kingston ON
	Laura Facchin Medicine Hat AB	Johane Cantin Québec QC	Phyllis Tyndall Calgary AB	Winston Norris Kingston ON
	Sylvie Girard Blainville QC	Margaret Dickinson Regina SK		Johanna Snoek St Albert AB
	Colleen Hall Sherwood Park AB	Lucette Fortier St. Emile QC	275	Wilhelmus Snoek St Albert AB
	Melody Halsall Windsor Jct NS	Kevin Kluge Ottawa ON	Colin McGlynn Nepean ON	
	Richard Halsall Windsor Jct NS	Margaret Minnis Victoria BC	Tanya McNutt Truro NS	500
	Marlene Lavoie Sudbury ON	Lucille Pallard Vancouver BC	Marc St Germain Ottawa ON	Christine Desjardins Victoria BC
	Joan Redman Edmonton AB	Jean-Paul Racette Loretteville QC		Richard Desjardins Victoria BC
	Clara Rosenow Edmonton AB	Lucille Wallingford Sudbury ON	300	Gail Nash Sooke BC
	Dianne Sykes Kingston ON	Edith Ward Dartmouth NS	Cécile Arbour Québec QC	Linda Norris Kingston ON
	Cindy Tillapaugh Fox Creek AB		Agathe Bouchard Loretteville QC	Winston Norris Kingston ON
	John Vogt Sooke BC	150	Noël Genest Québec QC	Marjolaine Racine Loretteville QC
	Shelagh Vogt Sooke BC	Yves Beaudoin Neufchâtel QC	Marc St Germain Ottawa ON	Johanna Snoek St Albert AB
		Pat Deroche Ottawa ON	Heather McLeod Truro NS	Wilhelmus Snoek St Albert AB
		Pauline Dumais Québec QC		
30	Johanne Bussière Fahreville QC	Kevin Kluge Ottawa ON	325	525
	Sylvia Ciona Medicine Hat AB	Carmen Lacoste Québec QC	Paul-Henri Deblois Québec QC	Linda Norris Kingston ON
	Marlene Holowachuk Medicine Hat AB	Serge Lacoste Québec QC	David Hall Sherwood Park AB	Réjeanne Paré Québec QC
	Pauline Lacroix Saint-Eustache QC	Liliane Lefebvre Loretteville QC	Dave Luscombe Edmonton AB	Johanna Snoek St Albert AB
	Wanda Ollerhead Dartmouth NS	Bruce Maybank Sidney BC	Nancy Morrissey Moncton NB	Duane Spurrier Edmonton AB
	Joan Redman Edmonton AB	John Osborn Kingston ON	Eilleen Schuster Regina SK	
	Clara Rosenow Edmonton AB	Laurie Ross Regina SK		550
	Terry Semotiuk Edmonton AB	Justin Schmidt-Clever Ottawa ON	350	Beth Moore Kentville NS
	John Vogt Sooke BC		Paul-Henri Deblois Québec QC	Réjeanne Paré Québec QC
	Shelagh Vogt Sooke BC	175	Renate DeBruyn Victoria BC	Karen Semotiuk Edmonton AB
	Fraser Spears Edmonton AB	Henrietta Gagnon Sudbury ON	Denise Gignac Loretteville QC	Johanna Snoek St Albert AB
	Sheila West Kentville NS	Nicole Lavoie Québec QC	Clemence Sheinck Lachance	Duane Spurrier Edmonton AB
		Susan Osborn Kingston ON	Val-Bélaire QC	
50	Amélie Paré Québec QC	Karen Powell Halifax NS	Rosa Lavoie Québec QC	575
	Joan Redman Edmonton AB	Harry Thompson Qualicum Beach BC	Dorothy Rhead Regina SK	Marvin Hinton Ottawa ON
	Perry Sokolan St Albert AB	Rachel Tremblay Val-Bélaire QC	John Rodie Annapolis Royal NS	
	Verna Wallace Medicine Hat AB	Denyse Voyer St.Jean Chrysostome QC		600
			375	Sally Hare Ottawa ON
			Ghislaine Dion-Falardeau	
75	Denise Beaudry Sudbury ON		Loretteville QC	650
	Brenda Brandon Sudbury ON	200	René Lessard Mansonville QC	Ann M.Gardiner Surrey BC
	Gilles Emond St Foy QC	Réjean Côté Québec QC	Pauline Mann Medicine Hat AB	Crystal Husarski Courtenay BC
	Linda Novak Winnipeg MB	Karen Powell Halifax NS	Dorothy Rhead Regina SK	Brenda Waksel Victoria BC
	William Novak Winnipeg MB		John Rodie Annapolis Royal NS	Wendy Wilson Victoria BC
	Sharon Pomeroy Edmonton AB	225		
	Bernise Vignault St Foy QC	Sandra Bishop Centreville NS	400	700
		Michelle Boivin Québec QC	Edna McKelvie Medicine Hat AB	Ann M.Gardiner Surrey BC
100	Linda Boyer Nepean ON	Marielle Caissy L'Ancienne Lorette QC		Mary Jean Gibson Ottawa ON
	Douglas Carley Surrey BC	Lorette QC	425	Steven McPhee Ottawa ON
	Hélène Duguay Québec QC	Trent Howie Halifax NS	Wilhelmus Snoek St Albert AB	
	Lucette Fortier St. Emile QC	Herb Lightfoot Comox BC	Barbara Thistle Sydney NS	
	Kay Guy Ottawa ON	June Marsden Dartmouth NS	Calvin Thistle Sydney NS	750
	Myra Lutz Medicine Hat AB	Orpha Marie Merritt Surrey BC		Hélène Dompierre Burnaby BC
		Claude Marineau Québec QC	450	Mary Jean Gibson Ottawa ON
		Pierrette Racette Loretteville QC	Christine Desjardins Victoria BC	Eric Sherwood Sidney BC
			Richard Desjardins Victoria BC	
	250		Allen Morrissey Moncton NB	
	Diana Hegen Victoria BC		Winston Norris Kingston ON	

.....Continued on page 18



DISTANCE ACHIEVEMENT AWARDS



500 Km

Johanne Bussière Fahreville QC
 Sylvia Ciona Medicine Hat AB
 Lucille Duval Sudbury ON
 Diane Fournier Québec QC
 Pauline Lacroix Saint-Eustache QC
 Siliva Lyrenmann Comox BC
 Denise Mayer Sudbury ON
 Diane Mayer Sudbury ON
 Wanda Ollerhead Dartmouth NS
 Amélie Paré Québec QC
 Christiane Potvin Québec QC
 Joan Redman Edmonton AB
 Clara Rosenow Edmonton AB

1000 Km

Linda Boyer Nepean ON
 Vivian Clark Sudbury ON
 Roger Cloutier Québec QC
 Hélène Duguay Québec QC
 Pauline Lacroix Saint-Eustache QC
 Marlene Lavoie Sudbury ON
 Siliva Lyrenmann Comox BC
 Linda Novak Winnipeg MB
 William Novak Winnipeg MB
 Lise Tremblay Gatineau QC

1500 Km

Huguette Blouin Québec QC
 Douglas Carley Surrey BC
 Margaret Dickinson Regina SK
 Marlene Holowachuk Medicine Hat AB
 Pauline Lacroix Saint-Eustache QC
 Louise Michaud St-Emile QC
 William Novak Winnipeg MB
 Lucille Pallard Vancouver BC

2000 Km

Michelle Boivin Québec QC
 Gaétan Dubois Blainville QC
 Kay Guy Ottawa ON
 Marlene Holowachuk Medicine Hat AB
 Pauline Lacroix Saint-Eustache QC
 Doreen Laderoute Sudbury ON
 John Osborn Kingston ON
 Justin Schmidt-Clever Ottawa ON
 Denyse Voyer St-Jean Chrysostome QC
 Verna Wallace Medicine Hat AB

2500 Km

Pat Deroche Ottawa ON
 Pauline Dumais Québec QC
 Lucette Fortier St. Emile QC

Kevin Kluke Ottawa ON
 June Marsden Dartmouth NS
 Susan Osborn Kingston ON
 Justin Schmidt-Clever Ottawa ON
 Harry Thompson Qualicum Beach BC
 Gerald Tyndall Calgary AB
 Phyllis Tyndall Calgary AB

2500 Km R

Ann Olsthoorn Edmonton AB

3000 Km

Kevin Kluke Ottawa ON
 Nicole Lavoie Québec QC
 Karen Powell Halifax NS
 Marc St Germain Ottawa ON

3500 Km

Denise Beaudry Sudbury ON
 Renate DeBruyn Victoria BC
 Dyane Goulet St Emile QC
 Myra Lutz Medicine Hat AB
 Bruce Maybank Sidney BC
 Orpha Marie Merritt Surrey BC
 Colin McGlynn Nepean ON
 Karen Powell Halifax NS
 Pierrette Racette Loretteville QC
 Claudette Vrab Sudbury ON

4000 Km

Denise Beaudry Sudbury ON
 Linda Christianson Richmond ON
 Elaine Dawson Lantz NS
 Noël Genest Québec QC
 Lise Lefebvre Loretteville QC
 Myra Lutz Medicine Hat AB
 Barbara Thistle Sydney NS

4500 Km

Denise Beaudry Sudbury ON
 Marielle Caissy L'Ancienne Lorette QC
 Marjory Grevstad Winnipeg MB
 Diana Hegen Victoria BC
 Paulin Tanguay St Georges Bce. QC

5000 Km

Eileen Fedor Edmonton AB
 David Hall Sherwood Park AB
 Tanya McNutt Truro NS
 Nancy Morrissey Moncton NB
 John Rodie Annapolis Royal NS
 Perry Sokolan St Albert AB

5500 Km

Terry Fulton Winnipeg MB

Herb Lightfoot Comox BC
 Tanya McNutt Truro NS
 Wilhelmus Snoek St Albert AB
 Perry Sokolan St Albert AB
 Lea Tocher Winnipeg MB

6000 Km

Brenda Brandon Sudbury ON
 Ghislaine Dion-Falardeau Loretteville QC
 Edward Kucey Victoria BC
 Herb Lightfoot Comox BC
 Sheila Purser Surrey BC
 Johanna Snoek St Albert AB
 Wilhelmus Snoek St Albert AB

6500 Km

Cécile Arbour Québec QC
 Sally Hare Ottawa ON
 Rosa Lavoie Québec QC
 Marjorie Philbin New Liskeard ON
 Terry Smerdon New Liskeard ON
 Johanna Snoek St Albert AB
 Duane Spurrier Edmonton AB

7000 Km

Sally Baccardax Halifax NS
 Agathe Bouchard Loretteville QC
 Marjorie Philbin New Liskeard ON

7500 Km

Sally Baccardax Halifax NS
 Linda Norris Kingston ON
 Winston Norris Kingston ON
 Karen Semotiuk Edmonton AB
 Douglas Thompson Richmond ON

8000 Km

Denise Gignac Loretteville QC
 Linda Norris Kingston ON
 Winston Norris Kingston ON
 Dorothy Rhead Regina SK

9000 Km

Christine Desjardins Victoria BC
 Richard Desjardins Victoria BC
 Brenda Dudfield Surrey BC
 Bryan Gallimore Ottawa ON
 Ann M.Gardiner Surrey BC
 Wendy Wilson Victoria BC

10000 Km

Paul-Henri Deblois Québec QC
 Ann M.Gardiner Surrey BC
 Ronald Gardner Ottawa ON
 Claude Marineau Québec QC
 Beth Moore Kentville NS

11000 Km

Crystal Husarski Courtenay BC
 Lucille Wallingford Sudbury ON

12000 Km

Brenda Waksel Victoria BC

13000 Km

Betty Gallimore Ottawa ON
 Mary Jean Gibson Ottawa ON
 Pauline Mann Medicine Hat AB
 Edna McKelvie Medicine Hat AB

16000 Km

Alice McLaren Comox BC
 Steven McPhee Ottawa ON

17000 Km

Alice McLaren Comox BC
 Evelyn Rogers Fox Creek AB

18000 Km

Rita Hopmans Surrey BC

20000 Km

Allyson Hayman Truro NS
 Lynda Kanne Aylesford NS
 René Lessard Mansonville QC

20000 Km R

Myrna O'Neil St Albert AB

21000 Km

Richard Green Surrey BC
 René Lessard Mansonville QC

25000 Km

Murray Farmer Victoria BC

25000 Km R

Yves Beaudoin Neufchâtel QC

85000 Km

Anna McAnally Brighton ON
 Ray McAnally Brighton ON
 Peggy Sherwood Sidney BC

*Congratulations
to one and all*



PARTICIPACTION

**Event Achievement Awards
continued from page 16**

800

Jean-Claude Dompierre Burnaby BC
Brenda Dudfield Surrey BC
Frank Dudfield Surrey BC
Rita Hopmans Surrey BC

900

Allyson Hayman Truro NS
Shirley Wallis Comox BC

1000

Evelyn Rogers Fox Creek AB

1050

David Nash Sooke BC

1200

Lisette Boivin Québec QC

1300

Kaye Farmer Victoria BC
Murray Farmer Victoria BC

1350

Darlene Blight Ottawa ON

1400

Ethel Hansen Nanaimo BC

1500

Donald Cooper Stittsville ON
Joan Cooper Stittsville ON
Barry Duvall Victoria BC

1700

Myrna O'Neil St Albert AB

1800

Kathleen Parr Fort Saskatchewan AB

1900

Elizabeth Nifort Dartmouth NS

2100

David Rupar Ottawa ON

2200

Bruce Hawkes Sooke BC

2500

Peggy Sherwood Sidney BC

2600

Peggy Sherwood Sidney BC

3100

Richard Parr Fort Saskatchewan AB

Congratulations to one and all!

Seen in passing

*The new president, Joe MacKinnon, of the Cape Breton Island Hoppers wrote an article in **The Cape Breton Post** "Walking club in step with health" Saturday Dec 15th, 2007*

Walking Club In Step With Health

The time to take ownership of one's health is now, especially with the high rate of obesity, diabetes, cardiovascular disease and mental health problems in our society. An activity as simple as walking is one way to do that, and this message was sounded by the Heart and Stroke Foundation of Nova Scotia at the recent launch of its Heart and Stroke Walkabout in Sydney.

Cape Breton Island Hoppers heartily supports Heart and Stroke Walkabout and participated in this launch. The program focuses on building a culture of walking throughout the province, but it will also support the development of policies that help create environments specifically designed for walking.

As president of a club dedicated to walking, I'm excited to see an initiative focused on creating such a culture. Our club is affiliated with Canadian Volkssport Federation, which has clubs in Europe, China, Japan, the United States and Canada.

We are unique to Cape Breton in that we walk in all four counties, offering 10- and five kilometre distances. With us, walking isn't competitive; we walk at an easy pace with no stress or strain of speed endurance. We encourage new members. www.capebretonislandhoppers.com Heart and Stroke Walkabout offers information on walking groups and routes in areas all across Nova Scotia. If there isn't a route or group in your area, you can add your own or create your own walking group. Visit www.walkabout.ca to learn more.

Just like the title of Heart and Stroke Walkabout suggests, there's a place for walking in all of us. There are many reasons to walk, but ultimately it's about movement and health. We invite all community residents to get out walking.

As we are joined together, we are walking for the health of it.

Joe MacKinnon

President, Cape Breton Island Hoppers



Welcome to Wolfville, Nova Scotia

One hour drive from Halifax is the cultural centre of the Annapolis Valley. Here are excellent accommodation choices, fine dining and boutique shopping in a welcoming small university town. Acadia University brings a sophistication and a wealth of activities year-round.

From here visit all the Evangeline Trail has to offer: fabulous farm markets, music and theatre, the Acadian mecca of Grand Pré National Historic Site, not to mention the 'world's highest' tides in the Minas Basin filling up our 'world's smallest' harbour.

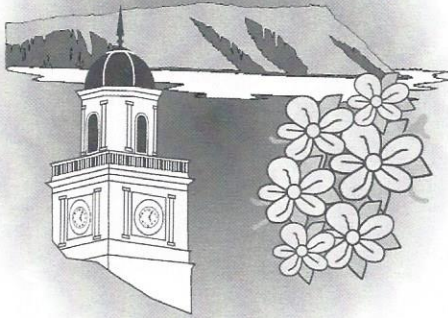
Acadia University is the venue for the CVF/FCV AGM May 23-25.

VALLEY TREKKERS VOLKSSPORT CLUB

Invites you to
CVF/FVC Convention 2008
May 23-25, 2008

Visit our website for details:
www.valleytrekkers.com

Walk in the Land
of Orchards & Tides



Scheduled walks

Friday, Saturday, Sunday

YRE Walks

anytime

Meet & Greet

& Opening Ceremonies

Friday evening

Annual General Meeting

Saturday afternoon

Banquet

Saturday evening

Open Meeting

& Closing Ceremonies

Sunday noon

Pre Convention Walk

Thursday evening

Friday afternoon

Post Convention Walk

Monday

Bus trip May 26-June 1st

Convention Venue:
Acadian University
15 University Avenue
Wolfville, Nova Scotia B4P 2R6
1-800-542-8425
www.acadiau.ca

In 2008 Plan to Walk in the Land of Orchards and Tides

By Lynda Kanne

All roads lead to Wolfville Nova Scotia. Time is creeping up fast for the 2008 Annual Meeting and Convention. Members of the Valley Trekkers Volkssport Club are proud to host the 2008 CVF Convention. We look forward to welcoming everyone to Wolfville, May 23-25. Located in the beautiful Annapolis Valley, a great time of year to visit with the Apple Blossoms in full bloom and summer well on it's way.

Everyone is invited to join in the fun. To date, we have 85 registered, with the majority of them being from BC. The efforts of Ethel Hansen in heading up a motorcade leaving BC on May 9th are impressive. Way to go Ethel! We will have a welcoming committee waiting for your arrival.

We have two pre-convention walks: Windsor Year Round, Thursday evening at 6:00 pm and Blomidon Provincial Park on Friday at 1:00 pm; as well as a post-convention walk on Monday to Cape Split.

Following the convention, there is an Atlantic Lighthouse Bus Tour planned, May 26 – June 1st. Unfortunately, this tour is full but you can put your name on a waiting list if you wish by contacting me.

Our climate in late May is typically mild with average daytime temperatures in the low to mid teens. It is suggested that for those participating in the pre and post convention walks bring good sturdy footwear. All other trails are rated 2B.

While in the Maritimes you might like to enjoy some of the walking adventures our other clubs have to offer. We have a total of nine Lighthouse Walks and one Covered Bridge Walk. Check out the CVF website for a list of walks available in Atlantic Canada www.walks.ca

Be sure to join us for the weekend of Fun, Fitness and Friendship in Nova Scotia's beautiful Annapolis Valley.

**Remember deadline for early registration is
February 28, 2008.**



Photo Contest Winner for this Issue of Volkssport Canada

Send in your favourite volkssport picture and perhaps you'll win a one-year subscription to Volkssport Canada.

Email your photo-contest entries for the next issue to benview@ns.sympatico.ca.

This issue's winner was sent in by Judy Haynes.

I decided to organize this mid week Vancouver Ventures Volkssport Club Seasonal Lighthouse YRE. Why mid week? - so those of us who are seniors would not have to pay the ferry fare.

This picture was taken July 28. Several Victoria Volkssporters went to Mayne Island to do the Lighthouse Walk. Those who went included members from Victoria 'Y' Volkssport Club and Garden City Wanderers and they were joined by some Surrey Trekkers who decided to take a ferry trip over from the mainland.

We shared snacks at the gazebo before heading back to the ferry. Even though it was not one of BC's driest days, everyone had a great time.

- *Judy Haynes*



Walking Adventures INTERNATIONAL

History, Culture, Scenery, and Walking
...more than just a walking tour!

Emerald Isle of Ireland

June 20 - July 2, 2008 • 13 days • 7 walks • \$3790

The mystique of this special land has compelled us to return to the Emerald Isle. Our itinerary will be packed with a outstanding collection of nature and sightseeing walks highlighting Glendalough in the enchanting green Wicklow Mountains, the dramatic Gap of Dunloe in Killarney National Park, the time-forgotten wonders of the Dingle Peninsula, the harsh limestone panoramas of the Aran Island of Inishmore, the fascinating sights of the Viking city of Dublin, and Giant's Causeway, the geological phenomenon in Northern Ireland.

Yellowstone & the Rockies

June 3 - 17 • 15 days • 11 Walks • \$3490

You are invited to join us for one of our most scenically stunning walking adventures! Our journey through Yellowstone & the Rockies includes marveling at Devil's Tower, the massive, monolithic remnant of stone amidst the beauty of Wyoming's Black Hills, and many more memorable moments.

2008 ADVENTURE SCHEDULE

Walkin' Dixie: Charleston to Orlando

January 15 - 26 • 12 days • \$2690 • 9 Walks

Mexico: A Whale of a Walk in Baja

2 Departures • February 17 - 24 &
February 24 - March 2 • 8 days • \$2600 • 4 Walks

Australia: Down Under Delights

March 31 - April 14 • 15 Days • 7 Walks

New Zealand: Kiwi Wonderland

April 12 - 25 • 14 Days • 7 Walks

Mystical Machu Picchu

May 5 - 11 • 7 Days • \$2090 • 5 walks

Galapagos Islands & Ecuador

May 11 - 19 • 9 Days • \$3890 • 7 walks

Yellowstone & the Rockies

2 Departures • June 3 - 17 & June 4 - 18 • 15
Days • \$3490 • 11 Walks

Emerald Isle of Ireland

June 20 - July 2 • 13 Days • \$3790 • 7 Walks

Alpine Europe Panoramas

July 10 - 21 • 13 days • 7 walks

Great Britain: Cotswolds, Lake District, & the Highlands of Scotland

August 9 - 20 • 12 days • 9 Walks

Great Lakes in Autumn

August 27 - September 10 • 15 days • 11 walks

Scenic Wonders of Norway

September 13 - 23 • 11 days • 6 walks

Canada by Train

September 29 - October 12 • 14 days • 7 Walks

China: Many Empires—Many Faces

2 Departures • October 7 - 23 & October 28
- November 13 • 16 Days • 6 walks

Please send more information on the following tours:

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| <input type="checkbox"/> Machu Picchu & Galapagos | <input type="checkbox"/> Great Lakes of Autumn |
| <input type="checkbox"/> Yellowstone & the Rockies | <input type="checkbox"/> Canada by Train |
| <input type="checkbox"/> Emerald Isle of Ireland | <input type="checkbox"/> China: Many Empires... |
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